

HEALTH & EFFICIENCY

1971  
**H&E**

**AUTUMN NUMBER**  
**Everything For The**  
**Naturist-Naturally**

**THE NUDE**  
**CROWD IN**  
**AN OSLO**  
**PARK**

see inside

**30p**

HEALTH & EFFICIENCY

**H&E**

**AUTUMN NUMBER 1971**

71st year of continuous publication

This magazine is entirely independent. Its aim is to present this great health movement towards sun and air bathing in its widest aspects, and to publish supplements from the recognised sun bathing groups, but the views expressed in literary contributions are not necessarily those of the Editor.

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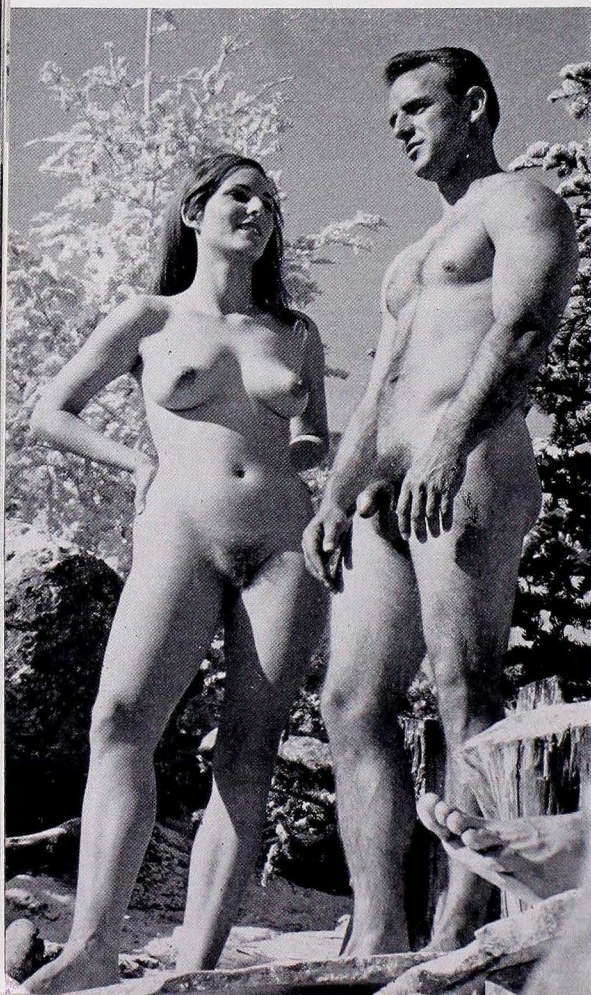
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# PROBLEMS OF THE DEPARTED

It is difficult to imagine that the simple process of docking the foreskin should generate so much heat among the opinions of naturists and lay public alike. But it does and our correspondent, Doris Milward's, forthright opinions on the subject keeps the pot boiling. In this article we are given the benefit of further researches and no doubt in turn will receive the benefit of our readers' comments.



*Portrait of a gentleman adopting the posture of one who may pass as the epitome of the circumcised male.*

# PIECE



*Circumcision is no problem to this couple. They are so wrapped up in each other that the arguments for and against the practice would mean very little to them.*

SINCE writing about circumcision and the naturist in the 1970 Spring Quarterly, I have had several letters on the subject. Nothing seems to create more heat under the collar, and, by judging by the tone of some of the letters, I should imagine that the various writers would come to blows if they met.

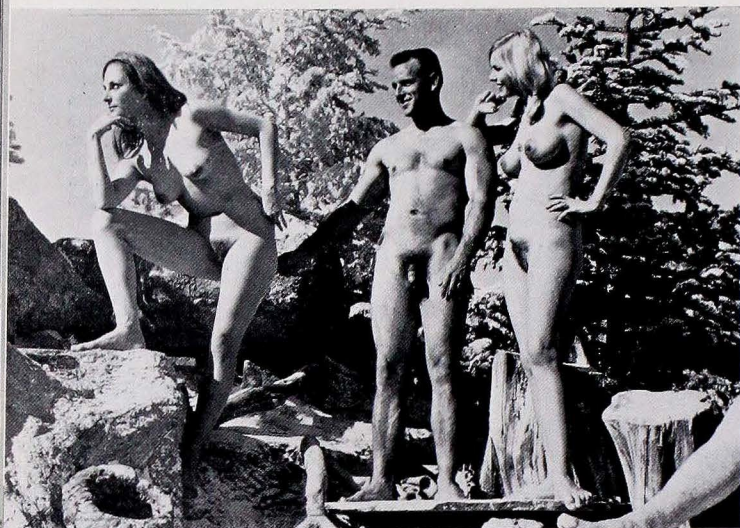
It seems strange to me as a female, for I can truthfully say that, during my many visits to sun clubs, I have never noticed if a man is circumcised or not. Yet I suppose I should have a very strong objection to female circumcision.

This was practised among Muslims at one time as a counterpart to circumcision in boys, and consisted of excising the clitoris. It is supposed to have been invented by Sarah, Abraham's wife who so mutilated Hagar through jealousy, and was afterwards ordered by Allah to have herself circumcised. It then became universal, and no Arab would marry a girl "unpurified" by it. As the clitoris is the seat of female sex sensation, it would seem to be something quite different from male circumcision, as males do not suffer any loss of sensation.

My correspondent says that he would like to see a club started where circumcised men were excluded, and he opines that when those who have had the foreskin removed claim to like the situation, and advocate it for others, the reason is frustration and jealousy. And he quotes the old story of the fox who lost his tail in a trap to prove his point. The fox called the other foxes together and tried to persuade them all to have their tails removed because a tail is a useless part, and they would look much smarter without it.

## **If it's good enough for dogs' tails . . . ?**

This analogy rather loses its point when one considers that dog breeders actually do dock the tails of many breeds on that very score—that they look much smarter without a long tail! This correspondent also asserts that the purpose of the foreskin is to keep the penis warm, and that leaders of Arctic expeditions actually refuse to take a circumcised man along! A friend to whom I mentioned this made me laugh by remarking that a fur-lined foreskin would be needed if its purpose is to keep one's end warm. The same friend, being circumcised himself, gave it as his opinion that those who have lost their foreskins are in a



better position to satisfy their wives as they are slower in reaching a climax.

Another correspondent asks if circumcision hardens the nerves of the glands, making it less sensitive, and lessening fulfilment in sexual intercourse.

I am hardly qualified to reply to this query, being a female myself, but

I can quote from the experience of another correspondent who assures me that he is in a position to know as he was not "done" until he was 20, and he is quite certain that the circumcised penis is the one which possesses the greater sensation. The same reader expresses the opinion that the reason that there is so much controversy over the question of circumcision, is that some who were circumcised as boys resent the feeling of incompleteness they experience, and those who still possess a foreskin resent the fact that those who have lost it have more to show. He has heard it said jokingly in clubs that a Jew should pay a bigger subscription because he is showing more, and therefore reaping greater benefit from the sun. He goes on to elaborate this rather "sick" joke by asking me if I have heard that Jews are circumcised to avoid having to wash under the foreskin, thus saving money on soap!

In favour of **not** being circumcised, is a report published recently in India, where the men are not circumcised, but are very clean, and cervical cancer is unknown. The low incidence of cervical cancer among Jewish women is one of the best arguments in favour of circumcision.

#### **persuasion rather than mutilation**

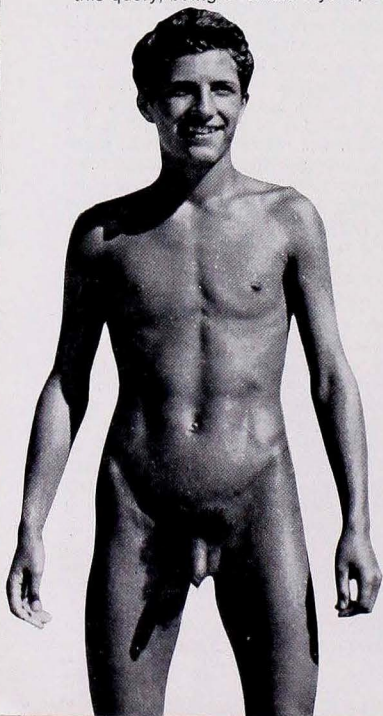
Those who think that circumcision should only be used as a last resort

*Uncircumcised and obviously unaffected by the yes or no aspect of the controversy!*



in cases of serious deformity, like any other amputation, consider that many babies are done ignorantly, when all that is needed is for the mother to draw the skin back as far as it will go without discomfort, and wipe the part with cotton wool and mild soap. Gradually the opening will expand and adhesions will be absorbed. If, after a few years, there is still tightness, a doctor can stretch the tight part with a local anaesthetic.

Most men seem to agree that the naked appearance of the circumcised





*Welcome to the club of circumcised males. Women guests are introduced on occasions. But not thankfully, to the practice.*

penis looks very masculine, and I have heard a few women say the "bobbed knob" is more sexy looking than the one which is discreetly veiled by the foreskin: Some actually admire a shapely knob in the same way that a man admires shapely breasts.

I have never known the subject to be openly discussed among women in sun clubs, however, apart from a

few jokes about some man's abnormal size one way or the other. But, there again, I have never seen an erection in a club, and sexologists say that some male organs enlarge a good deal when erect, while others scarcely increase at all. So it would be difficult to discuss this adequately in a sun club, where everyone is conditioned to keep their equipment in a flaccid state.

I did hear of a woman once who indulged in the rather sadistic practice of deliberately inciting erections in sun clubs, by fixing a penis with a penetrating gaze, and thus causing much embarrassment to the unhappy recipient of these attentions. In the days when the slightest erection meant expulsion from the club, this was a serious matter indeed, and I find it difficult to believe that a genuine naturist woman would act in such a manner, but I am told on good authority that this did occur at a club which shall be nameless.